

# THE MET

## BRUNCH MENU

Served 11:30-15:00

### BRUNCH

<b>MILL'S SPECIAL PORRIDGE</b> Flahavan's Creamy Porridge, Lemon Curd, Berry Compote, Bananas, Toasted Teeds & Honey. (Al, D, E, Go, Vg)	€7
<b>EGGS BENEDICT</b> Home Cooked Gammon, Poached Eggs, Silky Hollandaise Sauce, Sourdough. (Agf, D, E, Gw, Mu, Sul)	€13
<b>EGGS FLORENTINE</b> A Twist on a Classic, Wilted Spinach, Poached Eggs and Silky Hollandaise Sauce, Sourdough. (Agf, D, E, Gw, Mu, Sul, Vg)	€13
<b>SMASHED AVOCADO</b> Avocado, diced Tomato, Onions, Peppers & Mixed Seeds, Sourdough, Salsa Verde (Agf, Gw, Vo)	€13
<b>BRIOCHE FRENCH TOAST</b> Crispy Smoked Streaky Bacon, Authentic Maple Syrup, Seasonal Berries. (D, Gw, E)	€13

### CLASSICS

<b>MIMOSA</b> Classic Brunch Cocktail of Prosecco and Fresh Orange Juice (Sul)	€8
<b>BLOODY MARY</b> Tomato Juice, Vodka, Celery Salt, Worcestershire, Tabasco (Cl)	€12
<b>ESPRESSO MARTINI</b> Java Republic 'Munkey' Coffee, Coffee Liqueur, Syrup, Vodka	€13
<b>IRISH COFFEE</b> Munkey Blend Premium Coffee, West Cork Original Blend Whisky, Lightly Whipped Irish Cream, Brown Sugar (D)	€9

### BREADS, BUNS AND ROLLS FROM 12 AM

all served with skinny French fries

<b>RED WINE POACHED PEAR, HONEY AND ARDSALLAGH FETA FOCCACIA</b> Toasted Foccacia, Roasted Beetroot, Herb Dressing (Agf, Gw, D, Sul, Mu, Vg)	€12
<b>THE MET TOASTED SPECIAL</b> Home Cooked Gammon, Red Onion, Beef Tomato & Cheddar Cheese (Agf, Gw, D, Sul)	€12
<b>THE CHRISTMAS WRAP</b> Roast Turkey, Cranberry, Red Cabbage Slaw, Cooleeney Brie, Sage Stuffing (Gw, D, E, Mu, Sul, So)	€13
<b>PRAWN PO' BOY</b> Cajun Fried Prawns, Franks's Hot Sauce, Slaw, Lettuce, Tomato, Chipotle Mayonnaise. (Gw, D, Cr, Mu, E)	€16
<b>DOUBLE IRISH HEREFORD CHEESE BURGER</b> Hegarty Cheddar, Baby Gem, Beef Tomato, Grilled Bacon, Pickles, Brioche Bun and French Fries. (Agf, D, Gw, Mu, E, Sul)	€19

### SIDES

<b>SKINNY FRENCH FRIES WITH TRUFFLE MAYONNAISE</b> (Agf, Gw, Mu, E, Vg)	€5.50
<b>SWEET POTATO FRIES WITH TOGARASHI SALT</b> (Agf, Gw, Vo)	€5.50
<b>WILTED SEASONAL GREENS WITH LEMON OIL</b> (D, Vg)	€5.50
<b>DRESSED BABY LEAVES WITH ELDERBERRY DRESSING</b> (Mu, Vo)	€5.50

### LUNCH FROM 12AM

<b>TODAY'S SOUP</b> Edward's Buckley Brown Soda Bread, Irish Salted Butter. (D, Cl, Gw, Go, Sul, Vg)	€7
<b>UNION HALL SMOKED SALMON</b> New Potatoes, Crème Fraiche, Horseradish, Pickles, Chicory. (F, D, Sul, Mo)	€13
<b>STAG BÂN BATTERED UNION HALL HADDOCK</b> Minted Crushed Peas, Classic Tartare, Burnt Lemon, French Fries (F, D, E, Gw, Gb, Mu)	€18
<b>RAS EL HANOUT ROASTED BROCCOLINI</b> Quinoa, Cashew Nut Houmous, Roasted Squash. (Ch, Se, Sul, Vo)	€19

### DESSERTS

<b>PEAR AND ALMOND FINANCIER</b> Vanilla Crème Anglaise, Almond Nougatine, Vanilla Ice Cream (Gw, D, E, Al)	€9
<b>WARM CHRISTMAS PLUM PUDDING</b> West Cork Whiskey Crème Anglaise, Vanilla Bean Ice Cream, Honey Roasted Spiced Bread (Al, D, E, Gw, Gb)	€9
<b>DARK CHOCOLATE DELICE</b> Chocolate Ganache, Smoked Almond Brittle, Rhum & Raisin Ice Cream (Gw, D, E, Sul, Pn)	€9
<b>MULLED BERRIES AND WHITE CHOCOLATE CHEESECAKE</b> Caramelised White Chocolate & Pistachio Crumb, Raspberry Sorbet (Gw, So, D)	€9
<b>FESTIVE PLUM &amp; BERRY CRUMBLE</b> Star Anise Crumb, Chocolate Tuile, Vegan Vanilla Ice Cream (Al, So, Vo, Sul)	€9

### ALLERGENS

(AGF) Available gluten free	(So) Soya	(Mc) Macadamia Nut
(D) Milk Products	(Se) Sesame	(P) Peanuts
(E) Eggs	(Gw) Gluten Wheat	(Wn) Walnuts
(Mu) Mustard	(Gb) Gluten Barley	(Ps) Pistachio Nut
(Cl) Celery	(Gr) Gluten Rye	(Pc) Pecan Nut
(Sul) Sulphur Dioxide	(Go) Gluten Oats	(Vo) Vegan
(L) Lupin	(Al) Almonds	(Vg) Vegetarian
(F) Fish	(Bz) Brazil Nut	
(Mo) Molluscs	(Ch) Cashew	
(Cr) Crustaceans		

Please advise a member of staff if you have any food allergies, intolerances, coeliac disease, or other dietary requirement so that we can provide you with extra care. All our beef is 100% Irish and fully traceable to the farmer & our seafood is sustainably caught & landing in our kitchen daily.

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## OUR SUPPLIERS

